

Norma Ashton

the membership world-wide," says Mason and with other experts in the kinds of plant life, fish and available in these areas, so that adapt our material and make it and useful to each community. designed coloring books with lar to help the children learn about and sanitation."

"The children now benefiting Mrs. Ashton's capacity for nurturing her own 18 grandchildren, as features become as youthful as when she talks about her family's diminutive stature and fine bone-belle the enormous energy she gives her personal life. In addition to r games in the summer, she plays a week.

"Marvin and I were neighborhood agers," she says. "Many of our ing on these committees," she says, "and I'm thrilled that even now, when emphasis industry-wide is on DRGs and cutting costs, the IHC system's primary goal is still quality of care."

A commitment to caring — active caring — underscores Mrs. Ashton's service to her church as well. As the wife of Marvin J. Ashton, a member of the LDS Church's Quorum of Twelve Apostles, she accompanies him worldwide, learning from and speaking to the people of each country. She's also held the spotlight as a member of the general board of the Relief Society (the woman's organization) from 1970 to 1976. She recalls an assignment where her knowledge of health care was vital.

"Dr. Jim Mason, former executive director of the State Health Department, had been asked by the LDS Church to travel to third-world countries and to assess health needs," she says. "He came back and established three priorities: nutrition, sanitation and first aid.



"I've received such an education working on these committees," she says, "and I'm thrilled that even now, when emphasis industry-wide is on DRGs and cutting costs, the IHC system's primary goal is still quality of care."

"I was assigned to chair a committee to provide nutrition-related materials for

"Last month my husband and I were traveling by night through the Philippines," Norma Ashton begins softly. "Our bus broke down between towns, so our driver went to find water. Within moments a swarm of children, dressed in ragged T-shirts, approached us.

"We offered them left-over fruit, and as they grabbed for the food, I thought how, for many of them, this would be the only fresh orange they would eat in months," she sighs, remembering.

"Everywhere I travel, I meet wonderful people," she adds, "but so many of them live in poverty. I appreciate the opportunity to associate with them and at times teach them. I always learn so much."

Learning and teaching weave the cloth of Mrs. Ashton's life, threading together her busy days to create a pattern of remarkable balance: Balance in caring for herself, nurturing her family, serving her church and enriching her (global) community.

Mrs. Ashton has served on the Intermountain Health Care board of trustees for nearly four years. But her contribution to IHC began in the early 1960s when she served as an LDS Hospital pink lady.

"Our four children were grown," she explains. "Little League and PTA were over."

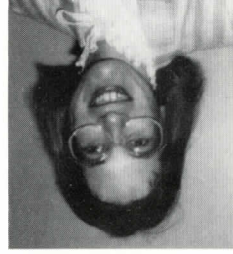
Mrs. Ashton gave seven years of support and spirit to LDS Hospital — just the beginning of her devotion to IHC and to her concern for healing. She brings this concern to her responsibilities as a member of the IHC board's personnel committee and as vice chairman of Cottonwood Hospital Medical Center's board of trustees. She serves enthusiastically on both the finance and quality assurance committee at Cottonwood.

IHC Board Profile



REVEREND ROBERT SPENCER,

former rector at the Episcopal parish in Pocatello, has been appointed pastoral care coordinator for the Southeast Idaho Center for Pastoral Care in Pocatello, Idaho.



MARY STAUB

has been chosen manager of medical records of Utah Valley Regional Medical Center. She graduated from Mercy College in Detroit, Mich., in medical records science.



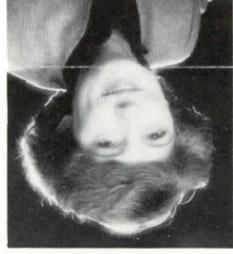
ROBERTA TURNER, RN, MS,

has been named dialysis center manager at Pocatello Regional Medical Center. She was previously a staff nurse on the orthopedic/pediatric unit at the MED Center.



SUSAN WORRELL, RN, MS,

has been appointed assistant administrator of nursing at American Fork Hospital. She was formerly director of outpatient services at Primary Children's Medical Center.



VIRGINIA WRIGHT

has been named assistant administrator at Cottonwood Hospital Medical Center. Formerly director of planning she completed her master's degree at BYU in public administration.

EDUCATION CALENDAR

AVH HOSPITAL

For more information on the following classes, contact the education department, 500, ext. 2091. AVH offers 51 programs. Contact the education department for a complete listing.

Medical Terminology — begins Jan. 14; 7 to 7 p.m. 10-week course gives instruction in the recognition, building and spelling of medical terms. Approved for 3 quarter credit hours by the University of Utah. Cost: \$161 credit, \$50 non-credit, \$35 credit for employees, plus \$5.50 textbook.

Child Rearing — begins Jan. 14; 7 to 9 p.m. 10-week course teaches child rearing techniques according to the STEP method. Cost: \$15 single/\$20 couple, plus \$7.50 textbook.

Child Behavior Modification for Weight Control — begins Jan. 13. 10-week course with emphasis on modifying behavior that triggers an eating response. Cost \$40 with \$15 refundable for weight loss, attendance and food costs.

Talk to Your Baby to Talk — begins in January; 7 to 9 p.m. Class describes normal speech and language development with special emphasis on early language stimulation. Excellent course for parents or grandparents of infants and very young children. Cost: \$10 single/\$5 couples.



- **Talking to Your Child About Sex** — begins in January; 7 to 9:30 p.m. Course will enable parents to become more effective sex educators of their children within the context of their own value system. Cost: \$5.
- **Self-defense / Karate** — Mondays, Wednesdays, Fridays — offered monthly; 5:15 to 6:15 p.m. Teaches children 6 years and up the Kenpo method, building body awareness and mind consciousness through physical exercise. Cost: \$35 per month.
- **CPR** — Saturday, Dec. 7; 8 a.m. to noon — offered monthly. American Heart Association-approved course prepares Boy Scouts to provide basic life support techniques in emergency situations. Certificate of basic life support is given upon successful completion. Meets the CPR requirement for the life saving merit badge. Cost: \$5.
- **Firemanship** — Saturday, Dec. 7; 1 to 4 p.m. — offered monthly. Boy Scouts will complete their firemanship merit badge requirements. Scouts learn the fire triangle, safe ways of handling flammable liquids, helping to ensure a fire safe home. Cost \$5.

MCKAY-DEE HOSPITAL CENTER

- **Pre-natal and Post-partum Exercise Classes** — Tuesdays, Thursdays; 5:30

p.m. Pre-natal class for mothers-to-be, any time during pregnancy, post-natal class for women six weeks post-partum. Cost: \$16 for four weeks. Contact 625-2210.

- **PMS Clinic Orientation** — Every other Wednesday; 7 p.m. Facts vs. misconceptions about PMS, how PMS is diagnosed and treatment alternatives available. Also, guidelines on lifestyle and dietary changes which can alter PMS syndrome. Cost: \$15. Contact 625-2281.
- **PMS Support Group** — First Wednesday of each month; 7 p.m. No charge. Contact 625-2281.
- **Breast Examination Clinic** — Third Wednesday of each month; 1 to 7 p.m. Cost: \$5 Contact 625-2210.
- **Slim and Trim Program** — begins Dec. 2. 9-week course uses balanced, sensible diet, aerobic exercise and behavior modification for weight control. Cost: \$65 with \$15 refundable for reaching weight loss, exercise and attendance goals. Contact 625-2028.

UTAH VALLEY REGIONAL MEDICAL CENTER

For more information on the following classes, please contact Carol Kingsolver, 373-7850, ext. 2975.

- **Super Sitter Baby Tending Class** — Dec. 30; 9 a.m. to noon. An introduction to safe and fun babysitting for children 9 to 14. Includes safety, first aid, infant care and babysitter kit ideas.
- **Basic EKG Class** — Tuesdays, Thursdays beginning Jan. 7; 3:45 to 5 p.m. To train nursing personnel in the anatomy and physiology of the heart, its electrical performance, and to prepare them to monitor the EKG with the basic arrhythmia analysis. Second floor classroom.
- **CPR Heartsaver Course (community)** — Jan. 11; 9 to 11 a.m. Covers information on the heart and its functions, detecting a heart attack, how a rescuer can reach the emergency care system, and how to perform one-man CPR. Those interested in becoming heartsaver-certified will attend a second two-hour session.

PRIMARY CHILDREN'S MEDICAL CENTER

- **Spina Bifida Conference** — presented by Primary Children's Medical Center and Utah Department of Health, January 31 and February 1, 1986, Salt Lake Hilton Hotel. For more information call Penny Rassmussen, 521-1200.
- **Third Annual Pediatric Evoked Potentials Conference** — sponsored by Primary Children's Medical Center and Nicolet, February 10, 11, and 12, at Snowbird Ski Resort. For more information call conference coordinator Mike Cevette 521-1680.
- **Postgraduate Course In Pediatric Cardiac Surgery** — sponsored by Primary Children's, February 18, 19, 20, and 21, at Shado Ridge / Resort and Conference Center, Park City. For more information call Delores Mitchell, 521-1260.
- **Pediatric Emergency Medicine** — sponsored by Primary Children's Medical Center and University of Utah Medical Center, February 26, 27, and 28, 1986, at the Salt Lake Westin Hotel Utah. For more information call Amy Eshelman, ext. 521-1315.
- **Mood Problems In Children And Adolescents** — presented by the University of Utah and Primary Children's, February 27, 28, March 1, and 2, at Deer Valley Resort, Park City. For more information call Elli Ulibarri 581-8532.



has been appointed manager of the business office at Utah Valley Regional Medical Center. Prior to this assignment, he was business manager for a



has accepted the position of clinical specialist for the medical/surgical units at LDS Hospital. Debbi has worked at LDSH since 1979 as a staff nurse, head nurse



has been named manager of organizational

on IHC People

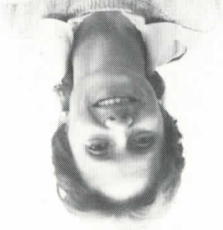
NANCY ADAMS

has been named manager of organizational

Insights on IHC People

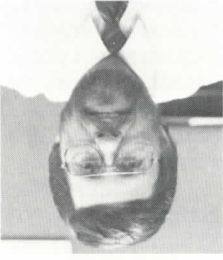
NANCY ADAMS

has been named manager of organizational development at Cottonwood Hospital Medical Center. She has a master's degree in social work from the University of Utah.



STAN ADAMS

has been named director of materials management at Cottonwood Hospital Medical Center. Stan joined the Cottonwood staff nine years ago and most recently has served as assistant director of materials management.



KEN ARMSTRONG

formerly of Eisenhower Medical Center in Palm Springs, has been named assistant administrator at Pocatello Regional Medical Center. Armstrong holds a master's degree in hospital administration from UCLA.



LYNN ATWOOD, RN, MS, CNM,

has been named head nurse of LDS Hospital's labor and delivery nursing unit. Lynn has been a member of the hospital's nursing staff since 1980 and has served as a clinical specialist and an assistant head nurse.



LYNN BAIR

was recently named Utah critical care nurse of the year. Lynn is



BEN CLUFF

has been appointed manager of the business office at Utah Valley Regional Medical Center. Prior to this assignment, he was business manager for a chain of skilled nursing facilities.



CHRIS COONS,

previously director of marketing, has been named director of research, development and marketing at Utah Valley Regional Medical Center.



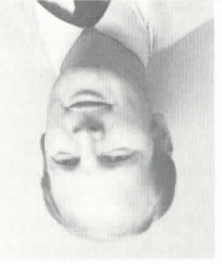
DIANE DAVIS

has been appointed director of medical records at McKay-Dee Hospital Center. She comes to McKay-Dee from Tacoma, Wash., where she was director of utilization management of the Multicare Medical Center.



DALE ECKLEY, RN,

has been appointed director of nursing at Orem Community Hospital. He is a member of the Utah Governor's Council on Health and Fitness, and is also on the Utah Valley Advisory Coalition for Health.



RALPH E. FRIZ, MD,

has been appointed medical director of the Center. Dr. Friz has been a member of the anesthesia staff of the



DEBBI HINSON, RN, MS,

has accepted the position of clinical specialist for the medical / surgical units at LDS Hospital. Debbi has worked at LDSH since 1979 as a staff nurse, head nurse and emergency center nurse.



MARY ANN HOLLADAY

has been named assistant administrator at Cottonwood Hospital Medical Center. Mary Ann has served as director of human resources at the hospital.



JOSEPH HORTON

has been named associate administrator at Cottonwood Hospital Medical Center. He received his master's degree in hospital administration from the University of Minnesota. He has served as senior assistant administrator and assistant administrator since joining Cottonwood's staff.



GRANT HOWARTH

has recently been appointed vice president in charge of operations at the IHC Home Health Agency. Grant spent the past nine years as comptroller for Visiting Nurse Services, the largest home health agency in the State of Washington.



DAISY HUGHES

has been named director of women's and children's health at Logan Regional Hospital. She



LAUREL KAY, RN,

has been appointed administrator of Orem Community Hospital. She was previously assistant administrator of American Fork Hospital. Laurel received her master's degree in nursing from Brigham Young University, graduated summa laude.



JIM KELSON

has been appointed director of physical therapy and the sports medicine clinic at Utah Valley Regional Medical Center. Jim received a master's degree from the University of Southern California. He was also a physical therapist at the Los Angeles Olympic games.



NORMA LYON

is the new director of the volunteers auxiliary at LDS Hospital. Norma joined LDSH in 1974, working first in the business office and later as an assistant director of the volunteers organization.



JAN MAYNARD

has been named budget coordinator for LDS Hospital. Jan formerly worked at Kennecott Copper and is a graduate of Westminster College.



LYNN MCLEAN

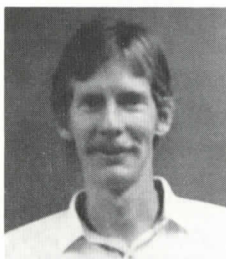
has joined the staff of Wasatch County Hospital to head the home



in ACLS
clinical lead
and chair-
the nursing
committee at
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the DMC
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RUSH, BSN, CCRN,
amed chief
of LDS
Life Flight
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for 16 years
ed at LDSH
urse since



ENGIZ BUDD, RN, MS
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IANO, RN,
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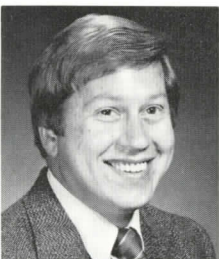
Dee Memorial and the
McKay-Dee Hospital
since 1959. He received
his medical degree from
Northwestern University and completed his residency
in anesthesiology at the University of Utah.



DAVE GARDNER,
licensed marriage and
family therapist, has
been chosen director of
the child / adolescent
psychiatric unit at Utah
Valley Regional Medi-
cal Center. He was pre-
viously a therapist for
the Utah County council
on drug abuse, and
holds a MED in guidance and psychological service.



BRUCE GARRETT, RN,
has been appointed head
nurse of 4 North at
McKay-Dee Hospital
Center. He graduated
cum laude from Weber
State College with an
associate degree in
nursing.



KIM HARDMAN
has been appointed
director of marketing
and public relations at
American Fork Hospital.
Kim received his bach-
elor's degree in business
from Utah State Uni-
versity, and will soon
complete his master of
social science degree
in administration.



JANICE LYNN HEAD
is the newly appointed
assistant administrator
for patient care at
Logan Regional Hospi-
tal. She holds an execu-
tive master's of business
administration and a
master's degree in nurs-
ing, both from Northern
Illinois University.



regional hospital. She
has served as adjunct
professor of Weber
State College / Utah
State University, co-
operative nursing pro-
gram at USU, teaching
maternal and child nursing. She graduated cum laude
from Utah State University with a master's degree in
special education.



CRAIG JACKSON,
LDS Hospital pharmacy
director, has been
named president-elect
of the Utah Pharma-
ceutical Association.
Craig has been director
of the hospital pharmacy
since 1970.



BETH JOHNSON, RN,
has been appointed head
nurse at the InstaCare
Family care center in
Springville. She worked
previously in same-day
surgery and post-surgical
care at Utah Valley
Regional Medical
Center.



CHARLOTTE JUAREZ, MSW,
director of medical social
work at Utah Valley
Regional Medical Cen-
ter, has been elected
president of the Utah
Society for Hospital
Social Work Directors.
Charlotte received her
master's degree in social
work from the University
of Utah.



SUSAN JUENGLING
has been appointed busi-
ness office manager for
Wasatch County Hospi-
tal. Susan has worked
at the hospital for two
years as insurance direc-
tor.



health department. Lynn
received her nursing
degree from BYU. She
worked at LDS Hospital
before moving to Heber
City.



KATHLEEN NIELSON
has been named Young
Dietitian of the Year for
Utah by the American
Dietetic Association.
She is chief clinical dieti-
tian at McKay-Dee Hos-
pital Center.



TONI PROPOTNIK, RN,
has been named assist-
ant administrator for
nursing at LDS Hospi-
tal. Toni had been
associate director of
nursing services at Alta
Bates Hospital in Berke-
ley, Calif. Toni earned
her master's degree at
the University of Cali-
fornia at Los Angeles.



PAUL SCHNEITER
has been named director
of the Central Utah
Health Care Founda-
tion, which conducts
charitable fund raising
operations for Ameri-
can Fork Hospital,
Orem Community
Hospital and Utah
Valley Regional Medi-
cal Center.



LES R. SMITH
is the new executive
director of the LDS
Hospital-Deseret Foun-
dation. Les formerly
served as planned giving
manager for the LDS
Foundation at Brigham
Young University.

